

The Cancer Exercise Program



 **The Cancer Center**
at Ball Memorial Hospital
A Clarian Health Partner

2401 W. University Ave.
Muncie, IN 47303
www.accessbmh.org



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The Cancer Exercise Program can provide you with a supervised program tailored to your unique needs and interests. If you are ready to get more out of life, or if you want more information, please call (765) 751-5304. The staff is more than happy to meet with you during your next visit to The Cancer Center for a facility tour or to provide more information.

THE CANCER EXERCISE PROGRAM

The Cancer Center at Ball Memorial Hospital offers a unique exercise program for people who have been diagnosed with cancer. Using exercise, education, and peer support, The Cancer Exercise Program empowers cancer patients & survivors to improve their quality of life at their given stage of treatment or recovery.



EXERCISE

Scientific research has proven that exercise is safe and beneficial for individuals during and after cancer treatment. Benefits include:

- Reduced fatigue and increased energy levels
- Decreased anxiety and depression
- Reduction of pain and an increased pain tolerance
- Less fear of the unknown
- Improved quality of life
- Improvement in both overall and cancer specific outcomes
- Improved tolerance to chemotherapy
- Enhanced self-image and sense of control
- Strengthened immune system and decreased risk of infection
- Increased muscular strength and endurance
- Increased bone strength (reduced risk of osteoporosis)
- Greater endurance for daily activities

EDUCATION AND SUPPORT

Education is a very important part of The Cancer Exercise Program. Educational classes are offered on a variety of topics regarding management of side effects, nutrition, exercise at home, stress management, coping skills, and more.

The education sessions are informal, encouraging questions and discussion from patients, family members, and care givers.

Peer support is available through interaction with other patients in the exercise and education classes and offers both social and emotional benefits. Support is also available through referral to other complementary departments within the hospital including smoking cessation, dietetics, and counseling services. A Physical Therapy/Occupational Therapy (PT/OT) pre-screening is also available to assess patient needs.

OVERVIEW

The Cancer Exercise Program is designed to be approximately eight weeks in duration. Before beginning the program, each person meets one-on-one with the exercise physiologist to discuss health history, current treatment status, needs and goals. This allows the exercise physiologist to determine any limitations the person may have as well as prescribe the safest and most effective exercise program within each person's comfort level. Participants receive regular updates on their exercise program, personal consultations and reports to their physicians.



Although tailored to each participant, the Cancer Exercise Program is based on some general objectives, including:

- Improved cardio-respiratory endurance and general muscular strength through regular aerobic exercise and resistance training
- Progressive and individualized exercise programs to fit each individual's goals and needs
- Improved function through PT/OT intervention if needed

PROGRAM PRICING

Unfortunately, insurance plans do not cover The Cancer Exercise Program at this time. Therefore, participants are responsible for paying a program fee of \$25 per month. Financial scholarships are available; please call 751-5304 for more information. If physical and/or occupational therapy are implemented, these services are normally reimbursed according to your insurance plan.